



MEDICAL MINUTE

Vol. 3, No. 8

Serving the members of Tripler Army Medical Center and Pacific Regional Medical Command

September 2002



Heather Paynter

PACIFIC WARRIOR

Sgt. 1st Class Willie Campbell, NCOIC of Tripler's Emergency Room, aims at a target while at the range Sept. 11 for Pacific Warrior 2002. Familiarization with the range is part of the training that took place at Schofield Barracks Sept. 5- 20. Check out the October issue of the *Medical Minute* for more stories and photos about Pacific Warrior 2002.

Supplements

*What you don't know
can hurt you*

Staff Sgt. Michelle J. Rowan

Editor

They claim to help you lose weight, increase energy or gain muscle among other statements, but what might not be so evident to consumers is that some dietary supplements can hurt rather than help them.

After numerous adverse reactions and a few deaths in the military community were linked to a popular supplement ingredient, military medical officials are urging soldiers and their family members to not only avoid products containing ephedra, but to do thorough research or consult a healthcare professional before taking any supplement.

Dietary supplements include vitamins, minerals, amino acids and herbal remedies to name a few, said Maj. Joanna Reagan, chief

See **SUPPLEMENTS**, page 6

SMART members return from humanitarian mission

Staff Sgt. Michelle J. Rowan

Editor

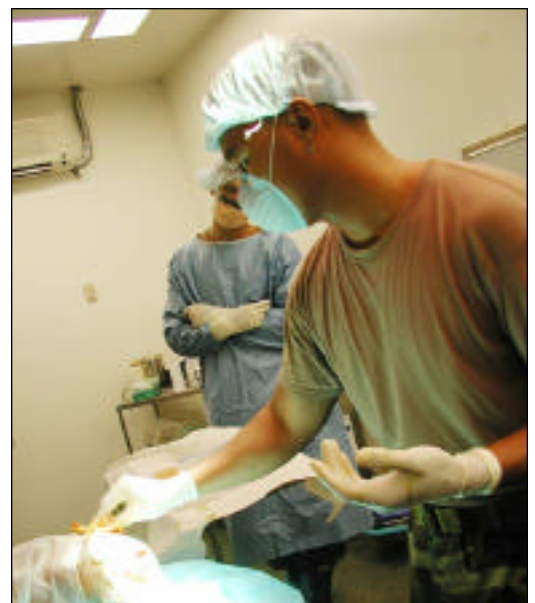
Seven Tripler Army Medical Center soldiers returned to Hawaii July 21 after spending more than a week on the tiny Pacific island of Chuuk providing medical aid to those injured when Typhoon Chata'an caused massive landslides throughout the island in early July.

The soldiers, all members of the Pacific Regional Medical Command's Special Medical Augmentation Response Team (SMART), deployed July 13 as a complete surgical team after receiving a request for assistance from the Federal Emergency

Management Agency (FEMA).

The team members were Lt. Col. (Dr.) Patricio Rosa, a vascular surgeon who served as team leader of the mission; Maj. (Dr.) Brian Jones, an anesthesiologist; Capt. (Dr.) Kent J. DeZee, an internist and team physician; Capt. Romer Blanco, an operating room nurse; Capt. Tina Morgan, an intensive care nurse; Staff Sgt. Sherrick Cunningham, a licensed practical nurse who also acted as logistics and communications coordinator; and Spc. Evan Knappenberger, an operating room technician.

See **CHUUK**, page 7



Capt. (Dr.) Kent DeZee

Capt. Romer Blanco, an operating room nurse, prepares a patient for surgery.

DO YOU KNOW ...

Name: Mia Smith

Position: Task
Administrative Assistant,
Administrative Services
Branch

Hobbies: Going to the
beach, shopping and
spending time with my
family

Length of time at Tripler: 3 months

What's best about working here: The
people!

Most memorable experience at work:
Watching Ms. Johnson's smooth grooves

Future goals: To get my degree in busi-
ness management



Name: Capt. Mary Dorritie

Position: Psychology resi-
dent

Length of time at Tripler:
Two and a half months

Hobbies: Snorkeling, hik-
ing, Tae Kwon-Do, reading

Most memorable experi-

ence at work: Can't beat working in Hawaii

Future goals: To finish up my residency,
get my Ph.D and move on to a division
posting

Name: Spc. Naomi Miller

Position: NCOIC of Food
Service, Department of
Preventive Medicine

Length of time at Tripler:
2 and a half years

Hobbies: Spending time
with my 1 year old daugh-
ter, Madelyn.

Awards/Achievements: TAMC Soldier of
the Quarter in 2000

Future goals: Go to the E-5 board and
Primary Leadership Development Course.
My long term goal is to be commissioned
as an occupational therapist.



LETTER TO THE EDITOR

Tripler ohana aids Blood Donor Center after emergencies deplete supply

I wanted to publicly thank all Tripler Army Medical Center (TAMC) employees, and their sections who came to help and/or donate the "gift of life" July 16 and to those who support the Tripler Blood Donor Center on a regular basis. Four emergency patients required blood of the identical type donated within a short period of time — seriously depleting our regular supplies by the morning of July 16.

In Hawaii, we can't depend on air support for rapid backup. For the entire state of Hawaii, there is only the Tripler Donor Center for military and Blood Bank of Hawaii for civilians as whole blood suppliers. At Tripler, there is our Blood Donor Center (BDC) to supply whole blood and blood products.

Our TAMC BDC is only allowed to collect from military and Department of

Defense donors, and, again, we are the source of blood for our Tripler patients.

The BDC collects whole blood and, by a separate procedure, platelets only. Any eligible military-related donors, who would like to donate, please call the center at 433-6195 or 6148. We are open every weekday but Wednesday from 8 a.m. to 3 p.m. and are located on Tripler's second floor Oceanside.

We collected more blood here at Tripler July 16 than our donor team did on a planned Blood Drive at a military unit.

Tripler staff — again acting as ONE in support of our military family!

Mahalo!

— Lt. Col. (Dr.) Karen
Burmeister

Medical Director,
TAMC Transfusion Medicine Service

FROM THE EDITOR

Due to computer problems and a staff deployment, the TAMC Public Affairs Office was unable to put out an August edition of the *Medical Minute*. We apologize for any inconvenience due to these occurrences.



CSM's HANDSHAKE OF CONCERN



September
"Seize the Initiative"

Medical Minute

<http://www.tamc.amedd.army.mil>

Commanding General Maj. Gen. Joseph G. Webb Jr.
Public Affairs Officer Margaret Tippy
Editor Staff Sgt. Michelle J. Rowan
Public Affairs Specialist Heather Paynter

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Skull from USS Monitor examined at Tripler

Heather Paynter

TAMC Public Affairs Office

The Civil War battleship USS Monitor was recently recovered from the Atlantic Ocean floor, off the coast of North Carolina, with something more on board than relics and artifacts from that historic era. Human remains were discovered inside the ship's 150-ton gun turret and transported to the U.S. Army Central Identification Laboratory, Hawaii (CILHI) on Aug. 7 for the purpose of attempting to identify the sailors and return them to family members if possible.

Radiologists from Tripler Army Medical Center were also asked to assist with certain aspects of the identification process.

A skull was transported to Tripler Aug. 13, for the purpose of detecting any remaining brain matter that could help with DNA clues. Both the anthropologist and radiologists knew such a discovery would be a long shot after 140 years, but they were prepared to prove it either way.

The skull was brought to Tripler at 5:30 a.m.; bright and early so as not to interfere

with other patients being admitted that day.

Lt. Col. (Dr.) Stephen O'Connor was the staff radiologist on-call and one of the primary examiners of the remains. Under the guidance of the CILHI personnel, O'Connor and his team took great care in handling the skull that was intact regardless of its 140-year rest in the gun turret of the USS Monitor. Some front teeth were missing, but examination of the skull provided no evidence of trauma.

Regular X-rays were performed in preliminary tests followed by a CT scan to determine the contents of the skull.

"The skull was transported to our department in ice-cold water to maintain the same temperature in which it was found at the bottom of the sea," O'Connor said. "When it was found, it was upside down, so the anthropologists took care to never change that."

The skull was removed from the container and X-rayed. It remained about half-full of water. The CT scan was performed with the skull completely submerged in the ice cold water in order to avoid artifacts caused by the air-water interface.

When test results were completed, the

outcome was not surprising. "Predictably, we didn't see any brain matter and no evidence of external trauma," O'Connor said. "What we did find was sand and some dense debris that we figured to be marine debris or rust from the decaying ship."

Typically, CILHI anthropologists recover and examine remains of service members found in countries such as Vietnam and Cambodia. However, their expertise often leads them to projects such as this and the objective is always the same.

"The bottom line is this sailor will be given the same examination as any other missing service member," said Ginger Couden, CILHI public affairs officer. "Our primary and ultimate goal is to identify this service member and return him to his family."

Anthropologists will examine skeletal and dental remains to compile a biological profile and any evidence of injuries. Forensic dentists will look for evidence of cavities, teeth pulled or lost through disease or any unusual features that might help identify him. CILHI will receive additional remains once they've been removed from the turret.

Tripler doctor restores Indonesians' vision

Margaret Tippy

TAMC Public Affairs Officer

Tripler Army Medical Center's Assistant Chief of Ophthalmology Navy Capt. (Dr.) Karl A. Holzinger recently returned from a mission of mercy to Indonesia.

Holzinger and his team of four other Navy medical healthcare providers from Portsmouth, Va., San Diego, Calif., and Hawaii spent May 23 to June 3 in Surabaya, Indonesia, on a CARAT Mission. CARAT is an acronym for Cooperation Afloat Readiness and Training. The Navy and the Marine Corps participate in yearly CARAT humanitarian missions.

The team — which included two ophthalmologists and one Indonesian physician — saw approximately 1,000 patients during the two-week mission, Holzinger said. He and the other doctors with their technicians performed 160 cataract surgeries on the Indonesian patients.

"We were doing up to 30 cataract surgeries a day," he said. "We had two ORs (operating rooms) running with our team and an Indonesian Team providing surgeries.

"There were a lot of smiles and thanks after the surgeries," Holzinger said. "The people are so appreciative and good-hearted.

"When the patients took off their (eye) patches, they were so



Navy Capt. (Dr.) Karl A. Holzinger

Many of the Indonesian post-operative patients still sporting their eye patches wave farewell to the CARAT Team.

happy (with their sight)," he said. "The Indonesian technician told me the patients wanted to thank the Americans for the gift they had received but didn't know how to do it. They told him that all they can do is pray that we return home safely."

Universally, people are grateful for the U.S. assistance, he said. Many of them were virtually blind prior to cataract surgery. The majority of patients were in their 60s but Holzinger also treated some people in their 20s to 40s.

Holzinger thanked Tripler's Optical Shop for its outstanding assistance of this humanitarian mission. Shop employees produced about 1,000 sets of glasses for the team to take with them.

The optician with the team gave away 2,121 pairs of glasses — the glasses from the shop and reading glasses.

SEPT. 11, 2001 ...



WE WILL REMEMBER



Photos by Staff Sgt. Michelle J. Rowan

Tripler's Kyser Conference Center was filled to capacity Sept. 11 for a ceremony marking the anniversary of the terrorist attacks in New York, Washington D.C. and Pennsylvania.

At left, American Red Cross Volunteer Barbara Graessle hands the American Flag over to TAMC Security Police Officer Lt. Floyd S. Smith as the Salute to the Folded Flag. Below, Sgt. Gustavo Ruiz sings "To Where You Are" as members of a joint color guard look on.



Pentagon marks first anniversary of terror attack

Joe Burlas

Army News Service

Linda Smith will long remember the two co-workers who died in last year's terrorist attack against the Pentagon, but she said she is now ready to move beyond grieving for them and the survivor's guilt she has experienced during the past 12 months.

Smith, a Department of the Army civilian with the Office of the Assistant Chief of Staff for Installation Management, was one of about 10,000 military and federal civilians who marked the anniversary of the attack at a remembrance ceremony Sept. 11 outside the building at the site where the hijacked American Airlines Flight 77 hit.

As promised by President George W. Bush at a Pentagon memorial service one month after the attack, the destroyed sec-



Staff Sgt. Marcia Triggs

President George W. Bush waves the American Flag while singing "God Bless America" at the Pentagon on the anniversary of Sept. 11.

tion, known as Wedge One, has been rebuilt in time for the one-year anniversary.

"Many civilian and military personnel have now returned to offices they occupied

before the attack — the Pentagon is a working building, not a memorial," Bush said. "Yet, the memories of a great tragedy linger here. And for all who knew loss here, life is not the same."

Bush said those victims did not die in vain as their loss has moved a nation to action to defend innocents around the globe.

"The best way to remember the victims is to protect our liberties from those who would take them away," Secretary of Defense Donald Rumsfeld said.

"The terrorists who attacked us have failed miserably — they lost before the first shot was fired," the secretary said. "They failed because they did not achieve their objectives. They wanted Sept. 11 to be a day when innocents died — instead it was a day when heroes were born."

Doctor gives up civilian practice to join Army

Margaret Tippy

TAMC Public Affairs Officer

Tripler Army Medical Center's newest cardiologist was so affected by the world events of Sept. 11, 2001, he joined the Army. The new Lt. Col. (Dr.) Thomas W. Wisenbaugh has been on active duty since July 20 and working at Tripler since July 22.

"I made this decision late in life and I feel like I've discovered a wonderful place to work," said the 53-year-old Ohio native. "I have always had an admiration for people in the military who've done their duty for the country, and I'd never done that. Then, when 9-11 happened, that sort of triggered this sort of low-grade yearning or regret that I'd had that I didn't do it, and that kicked me in to action and I called my recruiter."

Wisenbaugh's career is a fascinating history of taking the road less traveled. He graduated from Ohio State University and completed cardiology training at the University of Virginia. He then started out in academic medicine at the University of Kentucky where he taught medical students and did research.

After six years, he had earned a one-year sabbatical leave and went to South Africa "a place I've been interested in since childhood," Wisenbaugh said. He had worked with missionaries as a medical student previously in the country.

"One year sabbatical turned into nine years," he said smiling, "... and while I was there I saw lots of patients with valvular heart disease more so than coro-



Wisenbaugh

nary heart disease. In South Africa, most of this is caused by Rheumatic Fever, a childhood disease that can cause scarring of the valve."

In the Mainland, Wisenbaugh said this disease is disappearing. In his nine years in South Africa, he saw hundreds and hundreds of patients with this disease compared to a dozen or so he saw upon returning to the United States and setting up a private practice in Tulsa, Okla., four years ago.

Wisenbaugh is an interventional cardiologist and is capable of a wide array of coronary angioplasty procedures and pacemaker placements for eligible Tripler and Veterans Affairs patients. He is available by Tripler's e-mail systems for consultation from primary care physicians.

"Coronary angioplasty (angio means vessel and plasty means repair) is opening up blockages in coronary arteries with a balloon that is put through a catheter, which in turn is inserted into a blood vessel usually in the leg; (or) sometimes in the wrist or the arm," Wisenbaugh said. "This is done to treat either a heart attack, someone in the throes of a heart attack to stop the heart attack; or to treat somebody whose blockage is not causing a heart attack but is causing angina – chest pain

which is not prolonged enough to constitute a heart attack."

Wisenbaugh and, his wife, Donna, have three grown children – two sons in college on the Mainland, Kurt, 19, Eric, 18, and a daughter, Martha or "Marti," 22, who likes to tell her friends her dad is following in her footsteps. She graduated from Advanced Individual Training (AIT) in mid-August having joined the Army a few months prior to her father. She was honored as the Distinguished Honor Graduate of the Signal Corps Course and was awaiting orders for her first assignment.

"I am really proud of her," Wisenbaugh said. "She tells her friends and drill sergeants that she influenced her dad to join the Army at age 53 '... and he's a lieutenant colonel!'"

He's signed up for three years and said someday "At some point, I need to settle down."

"This is a great group of people to work with (at Tripler)," Wisenbaugh said. "My peers are good docs, and, so far, I can say this is the nicest place I've worked – the cheerfulness, the camaraderie. I think the Army is good at motivating people."

The hospital Wisenbaugh came from in Tulsa – St. Francis Hospital – is called "The Pink Palace." He thinks the builder must have been here, seen Tripler and gotten the idea for a pink hospital.

By October, Tripler is scheduled to have six cardiologists, three general, two interventionalists and one nuclear cardiologist.

"We hope to extend already good services to more people," he said.

Tri-service pharmacy to open Oct. 25 at NEX

TAMC Public Affairs Office

Pharmacy officers at Tripler Army Medical Center have been successful in establishing the first ever Tri-service Consolidated Pharmacy at what is scheduled to be the world's largest Navy Exchange and Commissary Complex. The entire complex is scheduled to open Oct. 25.

The staff, lead by Tripler's Chief Pharmacist Col. Dennis Beaudoin, worked with Hickam Air Force Base Clinic's 15th Medical Group; the Naval Medical Clinic Pearl Harbor; and the TRICARE Pacific Lead Agency for two years to turn this concept into reality.

Capt. Christopher Graham, chief of Tripler's Outpatient Pharmacy, was the project officer for the design of the 1,000-square-foot pharmacy, and Capt. Charlene Warren-Davis is scheduled to be the officer in charge at the exchange.

Pharmacy services offered at the mall will provide military beneficiaries with a true one-stop shopping opportunity, Beaudoin said. The convenient location is expected to improve patient satisfaction by reducing congestion at checkpoints, relieving some of the parking difficulties and decreasing pharmacy waiting times at military treatment facilities. Ultimately the new location may provide a means to recapture prescriptions filled at contracted retail pharmacies.

SUPPLEMENTS: Can cause mental illness

Continued from page 1

of Tripler's Medical Nutrition Therapy Branch.

"These products don't need FDA (Federal Drug Administration) approval as long as they don't make any specific health claim," Reagan said. "So (manufacturers) are not required to prove a product's safety or effectiveness before it hits the stores."

Ephedra, also known as ma huang, is one of many supplements to come under fire recently. Ephedra products are advertised as weight loss aids, but Reagan said they have been shown to increase the risk of heat injuries and have been linked to more than 100 deaths and 1,000 adverse reactions.

"Ephedra increases a person's heart rate. So if somebody is involved in physical activity and they are the least bit dehydrated, it can raise the person's core temperature," she said. "This can lead to the potential for seizures, heart attack, stroke and even death."

Other possible side effects of ephedra include insomnia, nervousness, dizziness, high blood pressure and heart palpitations.

She added that in hot environments such as Hawaii or Fort Hood, Bragg or Benning, the increased temperatures and humidity can make the effects of the supplement worse.

"And if someone has an underlying medical condition that they might not even know they have, it can also exacerbate the supplement's effects," Reagan said. "Some troops think they're young, infallible and nothing's going to happen to them, but you just don't know."

Lt. Col. (Dr.) James Staudenmeier, director of Tripler's Addiction Psychiatry Fellowship, said that ephedra and other supplement use has also been linked to mental illness. He said there have been several cases of servicemembers who have been hospitalized for behaviors consistent with serious mental illness after taking supplements. These behaviors have included paranoid thinking, hallucinations and delusions of grandeur.

"Fortunately for most individuals, these problems resolve upon discontinuation of the ephedra-containing supplements," Staudenmeier said. "However, others may not be so lucky."

Products containing ephedra were pulled from Army and Air Force Exchange Service shelves Sept. 1 after major Army commands requested that AAFES remove these items until the Department of Health and Human Services can further investigate the products.

Reagan said, however, ephedra products aren't the only supplements that may cause harm, and there are plenty of other products still on AAFES shelves that can do more damage than good. Just because products are sold in post exchanges or nutritional stores on post doesn't mean their safety is guaranteed, she said.

Reagan recommended that servicemembers and family members either consult a healthcare provider for advice or conduct their own research before taking any supplement.

Tripler's Nutrition Care Division currently offers one-on-one nutritional counseling through its Nutrition Intervention and Wellness Branch. The counseling is conducted by registered dietitians, and patients do not need a consult to call for a self-referral. Reagan also said soldiers are welcome to contact the Nutrition Intervention and Wellness Branch to set up educational training on sports nutrition and dietary supplements for their units.

To set up a one-on-one nutritional counseling session or schedule unit training, call 433-4950.

For those who choose to do their own research, Reagan said to check with reputable sources and not just rely on what's printed on the product's bottle or packaging.

Recommended Internet sources include:

- * chppm-www.apgea.army.mil/dhwp
- * www.army.mil/soldiers/HotTopics/fall00.pdf
- * hooah4health.com
- * www.eatright.org/adap1200.html
- * www.usuhs.mil/mim/ergopam.pdf
- * nccam.nih.gov
- * dietary-supplements.info.nih.gov

Fruits, vegetables still preferred over vitamins

Maj. Vivian T. Hutson

Deputy Chief, TAMC Nutrition Care Division

Many people understand the importance of good nutrition, but believe that a daily vitamin pill will substitute for actually eating the fruits and vegetables that they know are good for them. The more we learn about nutrition and the human body, however, the more we realize the importance of eating whole foods. That is why the American Dietetic Association and the USDA still recommend that we eat 2-4 servings of fruit and 3-5 servings of vegetables a day.

During the last 15 years, a number of studies have shown that people who eat a diet rich in beta-carotene have a lower rate

of several kinds of cancer. Beta-carotene is an antioxidant chemical naturally found in foods such as sweet potatoes, winter squash, and carrots, and is also available in a pure, synthetic form. The pure form of beta-carotene has become a popular dietary supplement, either by itself or as an ingredient in multi-vitamin pills. A number of recent studies, though, have not shown that taking beta-carotene in pill form lessens the risk of cancer. Why should a nutrient in a pill be less effective than the same nutrient obtained from food?

Scientists are still studying this issue, but one thing seems clear: beta-carotene and other nutrients are most beneficial to health when they are consumed in combi-

nation with each other, as naturally found in foods such as fruits, vegetables, beans, and whole grains. These foods contain not only the well-known vitamins (A, B, C, etc.) that are often found in vitamin pills, but also hundreds of naturally occurring substances, including carotenoids, flavonoids, isoflavones, and protease inhibitors. These substances appear to protect against cancer, heart disease and other chronic health conditions.

There is nothing wrong with taking multi-vitamin supplements to help ensure that we get certain nutrients every day. Pills, however, will never be able to give us the healthy combination of phytochemicals and other substances found naturally in food.



Capt. (Dr.) Kent DeZee

Maj. (Dr.) Brian Jones, the team's anesthesiologist, gives IV medications to a patient.



Staff Sgt. Sherrick Cunningham

Capt. (Dr.) Kent DeZee assesses a patient during the team's deployment to Chuuk July 13-21. The team helped about 70 patients during their trip.

CHUUK: Team helps more than 70 people

Continued from page 1

During the deployment, the team worked out of the local hospital performing nine surgeries, all to clean wounds, and more than 50 dressing changes. Cunningham and Morgan also gave classes to the patients and their family members on how to care for their wounds.

In addition to working in the hospital, one member of the team took his skills out into the community and outer islands to help others who had not yet sought medical care.

"Capt. DeZee formed an outpatient clinic. People would just come and tell him all their ailments," Cunningham said. "We called him the walking clinic. Wherever he stood for more than three minutes, people would line up all around him to have him take a look at this or that."

DeZee visited four islands on two days seeing a total of 25 patients, and conducted other spontaneous clinics on the main island where he saw another 18 patients. Overall, the entire team helped about 70 people, many of whom were children, during their seven-day stay.

Although the hospital the team

worked out of was a fixed facility, the soldiers said it was quite different from the type of environment they were used to working in.

Patients were mostly in open bay wards, and the hospital's two operating rooms had to be cleaned up and organized, said Knappenberger. "The people there were always very friendly and helpful, but their facility and the training their staff had were well below what we were used to," he said.

From the coconuts that they drank from to the cat that lived above the surgical intensive care unit's nursing station, the team had to adapt to their new surroundings.

"It was really an eye-opener to see how people live there," Cunningham said. "We take the smallest things for granted here."

When it was time for the team to leave, Cunningham, who is wardmaster of Tripler's Orthopedic/Neurosurgery Ward, said many of the locals were sad to see the soldiers go.

"They were very thankful for all that we had done. I don't think they wanted us to leave," he said. "We get to use our skills at Tripler, but it was nice to go out-

side of America to a place where folks are really counting on you. There's no one else who can help them."

The PRMC's SMART, which is composed of trauma critical care, stress management, NBC (nuclear, biological, chemical), pastoral care and command and control elements, deploys rapidly with necessary assets to assist and advise the host nation or on-scene incident commander during medical emergencies.

The team had recently completed a three-day exercise on Kauai in May that helped prepare them for what they faced on Chuuk.

"The Kauai deployment helped us a great deal," Cunningham said. "On Chuuk, the sat (satellite) phone was our primary means of communication to the outside. If I had not gone to Kauai and gotten the practice setting it up, we might not have been able to set it up when we needed it."

Knappenberger also said the Kauai trip was invaluable to the surgical team. "That was a learning trip for us," he said. "We basically assessed what we would need for a real-world deployment. And because of that exercise, we were very prepared for what we faced on Chuuk."



Staff Sgt. Michelle J. Rowan

Members of the U.S. Army Military Police Working Dog Section demonstrate their dog's ability to sniff out drugs.



Heather Paynter

Toni Baran creates a balloon animal for a young O-Day participant. Baran represents the Army Substance Abuse Program.

O-DAY 2002

Tripler Army Medical Center staff and family members converged on the Tripler ball field Aug. 2 for food, face painting and fun. More than 2,000 members of the Tripler ohana came out for the event, which featured a dunking booth, magician and demonstrations by the U.S. Army Military Police Working Dog Section and 68th Medical Company (Air Ambulance).



Staff Sgt. Michelle J. Rowan

Spc. Kenneth Moran and Staff Sgt. Michael Brouillard re-enlist as part of the O-Day festivities.



Heather Paynter

Sgt. 1st Class Guillermo Obando of the Department of Surgery tends to the grill during Tripler's Organization Day Aug. 2.



Heather Paynter

Staff Sgt. Michelle Murrietta of the 68th Medical Company (Air Ambulance) straps 4-year-old Morgan Paynter into a seat of a Black Hawk helicopter. The crew talked with O-Day participants about the helicopter and allowed children to try out the seats.



Photos by Margaret Tippy

Members of Tripler's Children with Diabetes Support Group frolicked with dolphins Aug. 30 at a local hotel.

Donations allow children to swim with dolphins

Margaret Tippy

TAMC Public Affairs Officer

Six children with diabetes swam with the dolphins Aug. 30 at the Kahala Mandarin Oriental Hotel because of the generosity of donations from many local groups — especially the Hawaii Army National Guard and Air National Guard.

Screams of delightful laughter and the biggest smiles imaginable greeted the dolphins as the children entered the water. The trained and professional DolphinQuest staff provided close support to some of the smaller children whose ages ranged from 6 to 12.

Tripler Army Medical Center's Children with Diabetes Support Group has a real champion in Volunteer Parent Leonardo Garcia who collected donations for this event.

"Close to 50 percent of the close to \$1,000 collected came from the Guard units," Garcia said smiling. He is a former Guardsman himself. He was as excited as the children as he watched his daughter, Natasha, 7, giddy with delight playing with the dolphins. All the parents had a wonderful time watching their children relax and not worry about their diabetes for a change.

Hope Cooper-Oliver of Tripler's Health Education & Promotion Center who is an Advanced Practice Registered Nurse and a Certified Diabetes Educator worked with the group to make sure amidst all the fun, that diabetes was being monitored for blood sugar levels.

"These kids have it so hard," Cooper-Oliver said. "Sometimes they have to check their blood sugar levels up to 10 times a day and it's not fun pricking your finger.

The frequent checking of the blood sugar insures appropriate treatment which includes extra snacks or extra insulin depending on what the blood glucose readings are, she said.

"They have to constantly watch their diets and can't have the sugary treats most children their age are constantly consuming," she said. "This was such a wonderful adventure for them and I



In addition to seeing the dolphins up close, the children also got to see the talented mammals perform tricks and learn about dolphin behavior.

really want to thank Leo for all his hard work to make this a reality!"

The DolphinQuest adventure included the staff educating the children on dolphin's habits and how to treat them gently prior to entering the water.

The six children who won't soon forget this exciting day are Nathaniel Lashley, 5; Natasha Garcia, 7; Austin McElmurray, 7; Daylon Thomas, 7; Alexandria Norris, 10; and Tressa Bender, 12. They represent most military services with the Navy, Coast Guard, Air Force, National Guard, and Army represented by families in the group.

Army National Guard units who contributed include Headquarters, 103rd Troop Command; 227th Engineer Company; 29th Support Battalion; 1st Battalion, 487th Field Artillery; National Guard Recruiters; and Youth Challenge Academy. The Air National Guard's 154th Military Personnel Flight also helped make the adventure a reality for the children. Civilian organizations also donated funds.

Telemedicine links Tripler with Guam hospital

Heather Paynter

TAMC Public Affairs Office

Imagine doctors treating up to six patients at a time without physically being there or making a crucial diagnosis thousands of miles away from a critically ill patient's bedside. The sense missing from this treatment is touch, but thanks to state-of-the-art audio and visual equipment manufactured by a private firm based in Baltimore, Md., doctors can view symptoms firsthand.

An Electronic Intensive Care Unit, or e-ICU, is scheduled to be a reality at Tripler Army Medical Center in October with preliminary testing slated to begin in September.

Tripler is partnering with U.S. Naval Hospital Guam (USNHG) to deliver critical care expertise in a unique Department of Defense arrangement between Army and Navy medical facilities. Doctors and nurses at each location will have the ability to confer and determine the best treatment based on symptoms viewed simultaneously by Guam professionals and Tripler consultants over a visual screen.

The project also has the distinction of being the first military-to-military setup involving this particular technology. Walter Reed Army Medical Center in Bethesda, Md., has used the system, but not as a permanent arrangement between

military facilities.

"The advantages (at other facilities) are improved healthcare outcomes and improved overall efficiency in resource utilization," said Col. (Dr.) Benjamin Berg, project director for the telemedicine plan and chief of Tripler's Pulmonology Service. "We fully expect to see those results happen with us."

Col. (Dr.) Dale Vincent, chief of Tripler's Department of Medicine, said other locations such as military treatment facilities in Okinawa, Korea and Japan also may one day have the equipment to connect with specialists from thousands of miles away.

"We are exploring other possible sights," he said.

Vincent said telemedicine will alleviate the stress put on patients, families and medical personnel when flying with patients to Tripler for specialized care.

"It's quite traumatic for patients to embark on a trip when they're critically ill," he said. "It also puts a great amount of stress on the medical teams needed to care for these patients on their way to Tripler."

Critical care specialists at Tripler may be able to treat up to six, long-distance patients at a time with the help of the system. The e-ICU space to be used at Tripler will look like a typical ICU area but the patient will be somewhere else.



Vincent



Berg

Monitoring duties will be split among Tripler's seven critical care specialists, doctors that USNHG does not have. "We can do consultations as often as we want," Vincent said, "and the equipment is always recording. All we have to do is turn (the visual screen) on."

Currently, critical care is the core of the project but other areas, including cardiology or neurosurgery, may be introduced later.

Berg has been working on bringing the system to Tripler for approximately five years and is optimistic about its benefits. "It has worked well in several civilian environments," he said. "Our goal is to have e-ICU provide consultative services throughout the Pacific Basin."

Guam health care professionals are also thankful for the technology that will bring patients and doctors together from across the Pacific. "We are very enthusiastic about starting this telemedicine project," said Navy Lt. (Dr.) Troy Thompson, department head of Internal Medicine at USNHG. "We look forward to having a variety of specialists available for consultation since up until now, only the general internists have been available for inpatient consults."

Berg said the system is quite an improvement from telephone consultations, the only option previously available. "Phone consults really limit our available information," he said. "(Telemedicine) is a great system with a record of improved healthcare outcomes."



Staff Sgt. Michelle J. Rowan

JUST VISITING

Former Tripler Army Medical Center Surgeon Maj. (Dr.) Neal Fisher (center) and his family came up to Tripler for a tour while in Hawaii July 29. Fisher, who now lives in California, served at the old Tripler located on Fort Shafter during the 1940s. Fisher delivered about 40 babies a month while another physician delivered 30 more for a total of 60 births per month.

Tripler now delivers an average of 240 babies each month with a daily average of seven births.

ROTC nurses invade Tripler for training

Cadet Valerie Guarrera

ROTC Nurse Summer Training Program

Recently, you may have seen young men and women in uniform with ROTC insignias on their collar all around Tripler Army Medical Center. These people in uniform are Reserve Officer Training Corp nursing cadets who have come to Tripler for the Nurse Summer Training Program (NSTP).

This year, Tripler received two groups of 11 ROTC cadets for the 32-day program. The first group began their rotation July 7 and graduated Aug. 5 while the second group began July 21 and graduated Aug. 21.

NSTP allows cadets to work under a nurse preceptor on various units of the hospital such as the intensive care units, operating room, labor and delivery, emergency room and orthopedic units. The cadets work the same shift as their preceptor, who serves as a mentor, and are given the chance to gain hands-on experience with direct patient care, charting, assessments and various nursing techniques.

In order to graduate from the program, students must complete a minimum of 120 hours of clinical work that includes shifts in the intensive care wards and other areas throughout the hospital.

"We really lucked out by coming here," said Cadet Tammy Biles of her time in Tripler's operating room. "We don't get much OR time back at the university."

Biles, a student from Pacific Lutheran University in Washington, said the experience she gained by participating in the NSTP will hopefully put her ahead of her peers when she returns to school.

"All this was new to me, so the experience was invaluable," she said.

Cadet Rachael Steffens, who spent much of her time working in Tripler's Medical Intensive Care Unit, agreed that her time at Tripler will give her an advan-



Photos by 1st Lt. Lillian Close

(Left to right) ROTC Cadets Tracy Williamson, Tammy Biles and James Corliss open sterile material in Tripler's operating room.

tage over other nursing students during her last year at the University of Buffalo. "I was able to do so many different things," she said. "It will be a lot easier doing clinicals this year."

Steffens wants to become a midwife or work in a labor and delivery setting. Her summer training allowed her to see firsthand her chosen field. "I was lucky enough to see a couple of births," she said.

Not only are cadets given the chance to interact directly with patients at Tripler, they are also able to gain insight on how a unit works as a team and learn what it is like to be an Army Nurse Corps officer. On the last week of their rotation, cadets are given the opportunity to explore units other than the one they are assigned to with their preceptor to gain experience in other areas of nursing.

In order to participate in NSTP, cadets must first complete the National Advanced Leadership Camp at Fort Lewis, Wash., which trains cadets in basic soldier skills and leadership skills. Not all nursing cadets come to Tripler. Cadets must fill out an application that includes their grade point average, Army Physical Fitness Test score and recommendations. The applications are then put



ROTC Cadet James Corliss practices positioning a mask on a fellow cadet.

in front of a board and cadets are given their first choice. All cadets who come to Tripler were given their first choice.

After graduating from NSTP, the cadets will return home to finish their bachelor degrees in nursing. Upon completion of their degree, the cadets will be commissioned as second lieutenants in the Army Nurse Corps.

Editor's Note: Heather Paynter contributed to this article.

Schofield clinic gets kids ready for school

Staff puts on health fair to give children jump start on health promotion

Maj. Jenifer Constantian

U. S. Army Health Clinic — Schofield Barracks



Photos by Maj. Jenifer Constantian

A future nurse learns how to dial 911 for emergency assistance at one of the health fair's booths. Other booths focused on nutrition, germs and sun protection.



Staff Sgt. Gladys Fraticelli-Torres and Capt. Scott Newberg of Tripler's Department of Preventive Medicine talk to children about some of the creatures they might encounter in Hawaii.

July 13 was a Saturday 378 children will not forget. Not only did they get their school physicals, they got a jump start on health promotion and education by participating in a health fair at Schofield Barracks Health Clinic.

"This is the first time we've included a health fair to educate children and parents on health promotion," said Dr. Neal Harding, chief of Family Practice Clinic. The health fair covered a broad range of topics including safety, nutrition, hygiene, first aid, exercise, back safety, mental health, and much more.

The health fair consisted of 14 interactive booths allowing children to be a part of activities such as practicing calling 911 for emergency assistance, using a fluorescent light to see how germs are carried on their hands, demonstrating how to wear a backpack properly, and learning the importance of "sun safety."

"The health fair was really fun . . . I learned a lot, especially the nutrition booth. I'll think twice about eating out," said one parent. The TAMC Nutrition Care Division staff showed how much fat is in common fast food restaurant items.

"McGruff," the crime-fighting dog, made a special guest appearance, emphasizing, "Take a bite out of crime."

The Schofield Barracks Community Mental Health Clinic encouraged children to think positively and taught stress release activities. "These activities are beneficial to children to increase their self-esteem and ability to cope with stress," said Harding.

Supporters of activities included volunteers from Drug Abuse Resistance Education (D.A.R.E.), the Federal Fire Department, Tripler Army Medical Center, Medical Company C Family Readiness Group, and several teens and young adults from the local community.

The children participating in the health fair carried an "admission ticket" that was stamped at each booth they visited. After completing all activities their "admission ticket" was exchanged for a gift and a Certificate of Achievement recognizing them as a "Promoter of a Healthier Lifestyle."

At the end of the health fair, drawings were held for three rolling backpacks with school supplies and six bicycle helmets. The following children won:

Backpacks — Samantha Dozier, Marcella Sveine, Karen Waggoner

Bicycle Helmets — Callah Benton, Devon Brown, Arionna Roberts, Brandon Simmons-Rawls, Jacob Teats, Javier Williams

"Congratulations are not only for winners of the giveaways but also to the children and their parents who participated in the health fair. They are all winners!" said Harding.

Due to the success of this year's event, health clinic staff are making plans for another health fair next year.

Tripler doctor saves tourist on Big Island

Heather Paynter

TAMC PublicAffairs Office

Capt. (Dr.) Chris Hines was enjoying a relaxing family vacation viewing the lava flow on the Big Island in late July. His position at Tripler Army Medical Center as a resident in the Family Practice and Psychiatry program requires him to help patients every day, but Hines wasn't at work; not officially anyway.

As Hines and his family were walking up to the ranger station in Hawaii Volcanoes National Park, he didn't realize that he was moments away from helping to save a man's life.

"As we were walking to see the lava, a kid ran by asking if someone knew



Hines

was breathing before Hines was giving him a breath. "It was just random luck that I was there," he said.

CPR (cardiopulmonary resuscitation)," he said.

Hines ran to the end of Chain of Craters Road where a man had collapsed and needed immediate help.

"He wasn't breathing; he didn't have a pulse," he said. "We started CPR."

The other person who stopped to help was a registered nurse from California. While the two of them administered CPR, a Park Ranger gave them a portable defibrillator to use that stopped the irregular heartbeat. Soon the man

was breathing before Hines was giving him a breath.

"It was just random luck that I was there," he said.

Hines called the hospital the following day. He was never able to speak to the man in person, but spoke to the nurse caring for him. After several days, the patient was flown by air ambulance to a hospital near his home in California.

For his efforts to successfully revive the 67-year-old man, the American Heart Association presented Hines with a certificate.

"I was just glad to be there," he said. "This is what the Army trains you for, to be able to help someone outside of a hospital setting."

Mice populations on the rise throughout state

Hawaii officials announce increase in typhus, controlling rodents best prevention

R. Joseph Woodrow, Ph.D

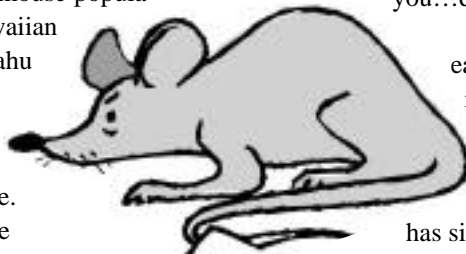
TAMCEntomologist

The Hawaii State Department of Health recently announced that field mice populations are excessively high and rodent-borne diseases are on the increase. Field mouse populations in the dry areas of all the major Hawaiian Islands including the Waianae Coast of Oahu are at least four times normal levels. An unusually wet spring followed by a particularly large bloom of grasses has supported a larger population of field mice. Now that conditions are drier, the mice are migrating into urban areas to find food. At the same time state officials have announced that cases of murine typhus, a disease associated with rodents in Hawaii, are becoming more common.

Murine typhus, i.e., flea-borne typhus is milder than the classical epidemic (louse-borne) typhus, which has decimated military forces throughout history. Common symptoms include high fever, chills/sweats, headaches, muscle and joint pain, rash and loss of appetite. More severe complications, although rare can include encephalitis (swelling of the brain), renal failure and shock. Death from murine typhus is rare, with about 1 percent mortality, but can be more severe in the elderly. Most cases of murine typhus are readily treatable.

Bacteria called rickettsiae, which are found naturally in rats and mice, cause murine typhus. Rodent fleas carry this bacteri-

um between individual rodents and from rodents into humans. The manner in which the flea transmits the rickettsiae is unusual. The bacteria are deposited along with the flea's feces onto the surface of the skin. Most insect borne pathogens are injected directly into the body; such is the case with mosquito-borne diseases. The irritation caused by the fleabite then causes the animal or human to scratch the site, creating a wound, which allows the bacteria to enter the body. Remember what your mother told you...don't scratch!



Hanta virus, a more deadly rodent borne disease has never been seen in Hawaii although rumors about it have persisted for many years. Another disease very similar to murine typhus is plague. Plague was common in Hawaii during the early part of the 20th century and

has since been eradicated.

Controlling rodents is the best way of preventing rodent-borne diseases. Keep all potential food sources (i.e. pet food, grains, seeds, dry goods, garbage) in secured containers. Use mechanical or sticky mousetraps near baseboards, as mice like to follow walls. Check traps daily and place trapped rodents in a container and discard immediately. Eliminate clutter and excessive vegetation around the home. Extreme rodent populations outside the home can be referred to your respective installation pest control shops, or professional pest control companies for those living off base. Although readily accessible in retail markets, rodent baits should only be applied by certified and professional pest control operators. Rodent baits are extremely toxic to children and should never be used indoors, or where accessible to children.

For more information, call 433-6693.



Courtesy photo

WELCOME ABOARD

Navy Lt. Cmdr. Jeff Borja leads the swearing-in ceremony aboard the USS Missouri for Tripler employee Nancy Rosales. Rosales was commissioned an ensign in the U.S. Naval Reserve on her birthday, Aug. 21.

Rosales is a nurse corps officer who also works at Tripler as part of the Joint New Parent Support Program where she and her coworkers provide support and education for expectant and new parents.

Rosales feels becoming an officer in the reserves will help her to improve her skills and take advantage of opportunities she may not otherwise have. "It's a way to invest my nursing in something bigger," she said.



WAY TO GO!



Marilyn Kopp, mother of Tripler's Deputy Commander for Nursing Col. Stephanie Marshall, recently took second place in her age group during the 20th annual Kilauea Volcano Wilderness 5-mile run July 27 on the Big Island. Kopp, who is 73 years old, completed the race in 1 hour and 35 minutes. A number of Tripler staff members also traveled to the island to take part in the 5-mile, 10-mile and marathon events.

*Do you know someone in the Tripler ohana who has accomplished something unique or unusual?
Let us know about it by calling 433-5785
or e-mail us at TAMCPublicAffairsOffice@
amedd.army.mil*

THE WINNER'S CIRCLE

Promotions

Col. Doris Johnson-Tate
Lt. Col. Bruce Schoneboom
Lt. Col. William Grimes
Lt. Col. Stephen Salerno
Maj. Evelyn Townsend
Sgt. 1st Class Roy Ridgeway
Sgt. 1st Class Jimmy Tyler
Sgt. 1st Class Eduardo Padilla
Sgt. 1st Class Ursula Goines-Audrey
Sgt. 1st Class Fabio Gomez
Sgt. 1st Class Jimmy Tyler
Sgt. 1st Class Javier Gonzalez
Staff Sgt. Trent Roberson
Staff Sgt. Mamie McRavin
Staff Sgt. Andrew Satre
Staff Sgt. Sonny Rodriguez
Staff Sgt. Steven Arnold
Staff Sgt. Lance Bell
Staff Sgt. Intiraymi Figueroa
Staff Sgt. C. Nguyen
Staff Sgt. Dawn Vita
Staff Sgt. Curnes Williams
Sgt. Edward Bibb
Sgt. Larry Chaney
Sgt. Wesley Jones
Sgt. Joseph Kopcha
Sgt. Neill Schultz
Sgt. Wilfred Nicaise
Sgt. Dante Banks
Sgt. Kimberly Cox
Sgt. Jonathon Firth
Sgt. Christopher Fuselier

Awards

Col. Johnie Tillman - DSSM
Lt. Col. Braden Shoupe - Meritorious Service Medal
Air Force Maj. David Christensen - MSM
Capt. Jessica Kessler - MSM
Sgt. 1st Class Ramon Diaz - MSM
Sgt. 1st Class Guillermo Obando - MSM
Sgt. 1st Class Jeffrey Rockwell - MSM
Master Sgt. Cynthia Rockwell - MSM
Sgt. 1st Class Dave Francis - MSM
Sgt. 1st Class Elliott Ross - MSM
Staff Sgt. Michael Austad - MSM
Staff Sgt. Nejla Matthews - MSM
Staff Sgt. Odessa Fisher - MSM
Robert Cherry - 25-year service pin

Pamela Fetu - 20-year service pin
Raymond Pasion - 20-year service pin
Norene Tunstall - 20-year service pin
Chi Feng Chong - 15-year service pin

Reenlistments

Staff Sgt. Richard Pineda
Staff Sgt. Tony Johnson
Staff Sgt. Frederick Bumbry
Staff Sgt. Jason Graham
Staff Sgt. Charles Cornelison
Staff Sgt. Stephen McDermid
Staff Sgt. Roy Barbadillo
Staff Sgt. Michael Brouillard
Sgt. Donald Tucker
Sgt. Mia Turner
Sgt. Dustin Waggoner
Sgt. Efrén Bugay
Spc. Kenneth Moran
Spc. Janet Berger
Spc. Clatice Barrot

EMT graduates

Spc. Steven Bednar
Sgt. 1st Class Willie Campbell
Sgt. Ramsey Diep
Sgt. Anita Henry
Staff Sgt. Mark Nace
Sgt. John Rehbein
Spc. Stephanie Sterling
Sgt. 1st Class Rich Lott
Staff Sgt. Dennis Nielsen
Sgt. Pamela Perry-Bozio
Sgt. Jonathon Lucas
Sgt. Blaine Sanchez
Sgt. Michael Okikawa
Spc. Robert Dally
Spc. Marco Pace
Spc. Marie Ann Bautista
Spc. Jason Cadiz
Spc. Anna Diaz
Spc. Celeste Blair-Powell
Spc. James Krogh
Spc. Kristen Gronquist
Spc. Jonte Marshall-Steward
Pfc. Betsy Cruz
Pfc. Sherrie Salvacion
PLDCgraduates
Spc. David Blair
Sgt. Alma Villapando
Sgt. Shavonne Berliner-Brown
Spc. Wesley Jones
Spc. Keyana Washington
Spc. Kathy Borsella
Spc. Biyebelelo Ekpote
Spc. Garcia
Spc. Christopher Fuseleir
Spc. Wilfred Nicaise

NEWS BRIEFS

Barbers Point Medical Clinic to close — After 26 years of healthcare services, Branch Medical Clinic Barbers Point will close its doors Oct. 1. Its assigned healthcare providers and other resources will be transferred to BMC Makalapa.

Patients enrolled at BMC Barbers Point can contact Donna Gatewood, Naval Medical Clinic's health benefits advisor, at 473-1510 ext. 320. For more information about the move, call 474-4408.

Hui O'Wahine seeks new members — The Hui O'Wahine, a social and community-supporting club, is looking for new members. The club is open to spouses of officers, enlisted and civilians who work at Fort Shafter, Camp Smith, Tripler and Aliamanu Military Reservation.

The club meets monthly for lunch at the Hale Ikena on Fort Shafter. All proceeds from the club's events benefit the community to include the Fisher House, American Red Cross, Boy and Girl Scouts and college scholarships.

For more information, call Mary Jo Brostrom, club president, at 841-7550 or Vicki Lepianka, membership coordinator, at 848-1743.

High school stabilization deadline approaches — Soldiers with high school seniors who graduate in 2004 should start talking to their assignment branch now if they wish to be stabilized at their present duty station for their child's graduation.

More than 1,300 soldiers, NCOs and officers have signed on to this program since its inception in April 2001. Of the 1,155 enlisted personnel who applied for the program, 1,153 were approved. Of the 225 officers who applied for the program, 220 were approved.

Soldiers must submit requests no later than 12 months prior to the beginning of the senior school year. For example, if the student's senior year starts September 2003, the request must be submitted to PERSCOM not later than September 2002.

Soldiers may initiate a stabilization request by submitting a DAform 4187 listing the family member's name and social security number. The family member must also be enrolled in the Defense Eligibility and Enrollment Reporting System, better

known as DEERS. A letter from the high school stating when the family member is projected to graduate must be attached to the 4187.

Fisher House offers free websites for hospital patients — Families of patients at any military medical center or hospital can now receive up-to-the-minute reports on a loved one through their own customized web pages.

The Fisher House Foundation is best known for its network of 30 facilities on or near the grounds of major military medical centers to house patients' visiting families. The foundation has contracted with "CaringBridge," an easy-to-use Internet service that enables users to make virtual visits to patients undergoing medical treatment. The service allows patients and their families to communicate by establishing personal web pages, complete with journals, photos and password protection.

To enter the CaringBridge site, go to www.caringbridge.org. For information on the Fisher House program and the location of its facilities, go to www.fisherhouse.org.

MEDCOM seeks TRICARE Heroes

— The U. S. Army Medical Command is looking for a few special people who qualify as TRICARE Heroes! "Heroes of TRICARE" is an award-winning program that salutes a hero or group of heroes monthly on TRICARE's Web site at www.tricare.osd.mil. A hero can be one person, facility, organization, group or contractor that has enhanced TRICARE's success through the use of best practice, initiative and/or innovation.

An on-line application for nominating a TRICARE Hero/Heroes can be found at <http://www.tricare.osd.mil/hero/online-form.htm>. The application asks four questions that guide the nominator in formulating a quality description of the hero's accomplishments.

Upon completing the nomination application, forward it to Jeanette Graf, Public Affairs and Marketing Office, Headquarters, U.S. Army Medical Command, 2050 Worth Road, Ste 11, Fort Sam Houston TX 78234-6011. Contact Graf at (210) 221-7169, or e-mail jeanette.graf@amedd.army.mil.



Lt. Col. (Dr.) Ronald Sutherland

GREETINGS

A group of Tripler Army Medical Center officers greet members of the Vietnamese military Sept. 10 at the Arizona Memorial. The seven Vietnamese officers and one translator were in town participating in a medical seminar and planning conference for future cooperative activities with Tripler.